



**The Garrison Safety Office
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Safety Information
for the
Darmstadt, Heidelberg, Kaiserslautern and Mannheim
Communities**

FIREWORKS SAFETY FOR THE 4TH

With the Fourth of July almost here, now is the time to revisit and reinforce fireworks safety tips. The annual chorus of advice recommending enjoyment of publicly sanctioned, professionally conducted fireworks displays, instead of the do-it-yourself backyard variety, is audible but will undoubtedly go unheard by many. If you must indulge your inner pyromaniac, for your own safety and that of the people and property around you, follow these tips for making Independence Day both safe and fun.

Legal Fireworks Only!

All legal fireworks come with the name of the item, the manufacturer's name and instructions for proper use. Anything without this information may be a federally banned explosive device.

Leave Alchemy to the Experts!

Never attempt to mix your own fireworks or buy kits that purport to make fireworks. Check with your local fire department before purchasing or setting off fireworks. They can explain which fireworks are legal in your jurisdiction.

Adults Only!

Children should never play with or ignite fireworks. Read all labels and follow directions precisely. Fireworks should only be used outdoors and a hose and bucket of water should be ready nearby in case of accidental fires.

One at a Time!

Light only one firework at a time. If it doesn't go off, do not attempt to re-light it. Wait 15 to 20 minutes and then soak it in water before putting it in the trash. All fireworks should be disposed of in this manner, regardless of "dud" status.

Where and How!

Never put fireworks in a pocket. (Think about it.) Never throw or point them at other people. Never shoot them off from metal or glass containers. Handlers should wear safety glasses and never put any part of their body over the firework. Light the fireworks on a smooth, flat surface away from homes, dry leaves, and flammable materials.

Source: www.labsafety.com

LIGHTNING SAFETY

June 20 2007

SUMMER is the peak season for one of the nation's deadliest weather phenomena -- lightning. Reducing the risk of being struck by lightning is the focus of national Lightning Safety Awareness Week, June 24 to 30.

Lightning is a serious and life-threatening weather phenomenon, responsible for multiple deaths, injuries and massive property destruction throughout the United States. Unfortunately, lightning also is the most under-recognized weather hazard, often commanding little attention from the public and the media.

In 2001, the National Oceanic and Atmospheric Administration (NOAA) and the National Weather Service launched an annual campaign to increase public awareness of the dangers of lightning. At <http://www.lightningsafety.noaa.gov>, you'll learn more about lightning risks and how to protect yourself, others and your belongings.

A few tips from NOAA:

Safe Buildings

A safe building is one that is fully enclosed with a roof, walls and floor, such as a home, school, office building or a shopping center. Even inside, you should take precautions. Picnic shelters, dugouts, sheds and other partially open or small structures are not safe.

Enclosed buildings are safe because of wiring and plumbing. If lightning strikes these types of buildings, or an outside telephone pole, the electrical current from the flash will typically travel through the wiring or the plumbing into the ground. This is why you should stay away from showers, sinks, hot tubs and electronic equipment, such as TVs, radios and computers.

Lightning can damage or destroy electronics, so it's important to have a proper lightning protection system connected to your electronic equipment.

Unsafe Buildings

Examples of buildings which are unsafe include car ports, covered but open garages, covered patio, picnic shelters, beach shacks/pavilions, golf shelters, camping tents, large outdoor tents, baseball dugouts and other small buildings such as sheds and greenhouses that do not have electricity or plumbing.

Safe Vehicles

A safe vehicle is a hard-topped car, SUV, minivan, bus, tractor, etc. (soft-topped convertibles are not safe). If you seek shelter in your vehicle, make sure all doors are closed and windows rolled up. Do not touch any metal surfaces

If you're driving when a thunderstorm starts, pull off the roadway. A lightning flash hitting the vehicle could startle you and cause temporary blindness, especially at night.

Do not use electronic devices such as HAM radios or cell phones during a thunderstorm. Lightning striking the vehicle, especially the antennas, could cause serious injury if you are talking on the radio or holding the microphone at the time of the

flash. Emergency officials such as police officers, firefighters, security officers, etc., should use extreme caution using radio equipment when lightning is in the area.

Your vehicle and its electronics may be damaged if hit by lightning. Vehicles struck by lightning are known to have flat tires the next day. This occurs because the lightning punctures tiny holes in the tires. Vehicles have caught fire after being struck by lightning.

Bolts from the Blue

There are times when a lightning flash can travel horizontally many miles away from the thunderstorm cloud itself and then strike the ground. These types of lightning flashes are called "Bolts from the Blue" because they seem to come out of a clear blue sky. Although these flashes are rare, they have been known to cause fatalities. It is a good idea to wait 30 minutes or more after the rain ends before resuming outdoor activities.

Source: www.oshonline.com

STINGING INSECT ALLERGIES

June 8 2007

AS summer approaches, you may notice an increase in the number of insects buzzing around outside. People with an allergy to stinging insects will want to take extra precautions this time of year. According to the American Academy of Allergy, Asthma & Immunology (AAAAI), up to 5 percent of Americans are at risk for a severe, potentially life-threatening allergic reaction from insect stings.

"For most people, getting stung results in temporary pain, redness and swelling at the site of the sting. However, for those with allergies to insect stings, it can result in a sudden, severe reaction called anaphylaxis. This may be fatal if not treated immediately," said Clifford M. Tepper, MD, AAAAI. "Symptoms of anaphylaxis to watch for include: itching and hives over large areas of the body, separate or away from the site of the sting; swelling in the throat or tongue; difficulty breathing; dizziness; stomach cramps; nausea and diarrhea. If you suffer from a stinging insect allergy, you should take extra precautions to avoid being stung."

Unfortunately, most people are not aware they are allergic to insect stings until after experiencing a reaction. An allergic reaction occurs when the immune system overreacts to the insect venom. When this happens, an allergic person's body produces an allergic substance called Immunoglobulin E (IgE) antibody, which reacts with the venom. This triggers the release of histamine and other chemicals that cause allergic symptoms and, in the most severe of cases, a rapid fall in blood pressure, loss of consciousness and sometimes even death.

Because a severe and sometimes fatal reaction can occur, it is important to know what common stinging insects look like. The most common stinging insects in the United States include:

- Yellow jackets -- black with yellow markings, found in various climates.
- Honeybees -- a round, fuzzy body covered with dark brown and yellow markings.

- Paper wasps -- slender, elongated bodies that are black, brown or red and have yellow markings.
- Hornets -- black or brown with white, orange or yellow markings and are larger than yellow jackets.
- Fire ants -- reddish-brown ants living in large mounds, mostly in warmer climates.

It is also critical for anyone with allergies to insect stings to take precautions to avoid a potentially dangerous reaction. The AAAAI recommends the following tips to avoid being stung:

* Avoid the "territory" of the stinging insect's nest. These insects are most likely to sting if their homes are disturbed.

- Remain calm, quiet and slowly move away from stinging insects. Do not swat them.
- Avoid brightly colored clothing and perfume outdoors that may attract stinging insects.
- Be careful when cooking, eating or drinking sweet beverages outdoors. Keep all food and beverages covered until consuming them.
- Avoid loose-fitting garments that can trap insects between material and the skin.

Source: www.oshonline.com

STUDY IDENTIFIES HOME SAFETY PRACTICES, PERCEPTIONS

June 18 2007

WHILE a majority of U.S. adults think about home safety often, very few actually take action to make their home safer from the five leading causes of home injury -- falls, poisonings, fires and burns, choking/suffocation and drowning.

The findings are a result of a new survey conducted as part of the Home Safety Council's Hands on Home Safety campaign. The survey polled U.S. adults to reveal the public's level of awareness around the most common home dangers and determine the safety actions they have taken to protect themselves and their families.

While the majority of U.S. adults (82 percent) indicated that they are very knowledgeable or somewhat knowledgeable about what they can do to make their homes safer, only one-third (36 percent) were able to name a safety action they have already taken. The survey also found that more than a quarter (26 percent) of U.S. adults said they are not worried that an injury may occur in their own home.

"These findings speak directly to the need for additional education to increase the public's level of awareness around the leading causes of home injury and the actions they can take to protect against injury risks," said Angela Mickalide, director of education and outreach for the Home Safety Council. "Each year in our nation home-related injuries result in nearly 20,000 deaths and 21 million medical visits, many of which are almost entirely avoidable with proper education and a few simple home modifications."

Falls Prevention:

Key Findings: When asked to identify which type of injury they are most worried might happen in the home, only about one-fifth (19 percent) of survey respondents were concerned about falls -- the leading cause of home injury death.

Home Safety Tips:

- Have grab bars in the tub and shower.
- Have bright lights over stairs and steps and on landings.
- Have handrails on both sides of the stairs and steps.
- Use a ladder for climbing instead of a stool or furniture.
- Use baby gates at the top and bottom of the stairs, if babies or toddlers live in or visit your home.

Poisoning Prevention:

Key Findings: Poisonings are the second-leading cause of home injury, yet less than one-fifth of U.S. adults (18 percent) have put safety locks on their cabinets or posted the Poison Control Hotline on or near all phones. Just more than one-third (39 percent) of survey respondents indicated that they have installed carbon-monoxide detectors near sleeping areas in their homes.

Home Safety Tips:

- Lock poisons, cleaners, medications and all dangerous items in a place where children can't reach them.
- Keep all cleaners in their original containers. Do not mix them together.
- Use medications carefully. Follow the directions. Use child resistant lids.
- Install carbon-monoxide detectors near sleeping areas.

Home Fire Safety:

Key Findings: Fires and burns are the third leading cause of unintentional home injury death and account for 3,400 fatalities each year. The new survey found that while almost all U.S. adults (93 percent) have a smoke alarm in their home, only one-quarter (26 percent) have a fire escape plan in place.

Home Fire Safety Tips:

- Have working smoke alarms and hold fire drills. If you build a new home, install fire sprinklers.
- Stay by the stove when cooking, especially when you are frying food.
- Keep space heaters at least three feet away from anything that can burn. Turn them off when you leave the room or go to sleep.
- If you smoke, smoke outside. Use deep ashtrays and put water in them before you empty them. Lock matches and lighters in a place where children can't reach them.
- Only light candles when an adult is in the room. Blow the candle out if you leave the room or go to sleep.

Choking & Suffocation Prevention:

Key Findings: Home Safety Council research shows that choking/suffocation is the second leading cause of home injury death for children under the age of 14 and the fourth leading cause overall. When asked about safety behaviors followed in the home, the new survey revealed that only 39 percent of respondents require children to be seated while eating, putting them at risk for choking.

Home Safety Tips:

- Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons and hard round foods, such as peanuts and hard candy, out of children's reach.
- Place children to bed on their backs. Don't put pillows, comforters or toys in cribs.
- Clip the loops in window cords and place them up high where children can't get them.
- Read the labels on all toys, especially if they have small parts. Be sure that your child is old enough to play with them.
- Tell children to sit down when they eat and to take small bites.

Water Safety:

Key Findings: Drowning presents a sudden and silent danger, yet according to the new survey, less than half (49 percent) of U.S. adults actively supervise children when they are in or near water.

Water Safety Tips:

- Stay within an arm's length of children in and around water. This includes bathtubs, toilets, pools and spas -- even buckets of water.
- Put a high fence all the way around your pool or spa. Always keep the gate closed and locked.
- Empty large buckets and wading pools after using them. Keep them upside down when not in use.
- Make sure your children always swim with a grownup. No child or adult should swim alone.
- Keep your hot water at or below 120 degrees Fahrenheit to prevent burns.

For more information on ways to avoid injuries and protect loved ones in and around your home, visit <http://www.homesafetycouncil.org>.

Source: www.oshonline.com



**Before committing to any action,
always think it through. What might
injure you, your families, or your friends
and coworkers!**